

Week 17

**Summer Squash**

**Apples or Plums**

**Cucumbers**

**Red Onions**

**Sweet Corn**

**Pears**

**Sweet Peppers**

**Basil**

**Tomatoes**

**Bok Choy**

**Lettuce**

Farm news: Hurray for sweet corn! Depending on what side of the bin you pick, you’ve either got Luscious, a white-and-yellow hybrid variety, or Ruby Queen, a red-tinted heirloom. The hybrid is definitely sweeter, but not as visually stunning. Eat your sweet corn promptly; the longer it sits, the starchier it gets. If you know you won’t get to it tonight or tomorrow night, I’d suggest blanching and freezing the corn—in the middle of winter, it’s awfully nice to have a bit of sweet corn to throw into a stir-fry or a soup.

Your pears are a variety called Orcas—from, you guessed it, Orcas Island. Most pears finish ripening after harvest, so if you like your pears firm, eat them today—if you want them softer, wait 3 or 4 days. Keep an eye on them: they can go from hard to mushy and brown in the center quite swiftly. You have a new bok choi this week: Mei Qing Choi, a more compact variety favored by southeast Asian chefs. It never gets as big as Joi Choi (last week’s choi) but I love its curves. (For the record? Bok choi, pak choi, bok choy, pak choi, and bok tsoi are all the same thing.)

APPLE BOK CHOI SALAD from JOEL FUHRMAN, M.D. APRIL 2015 EAT TO LIVE COOKBOOK

1 head bok choi, finely chopped

1 large apple or pear, shredded

1 large apple or pear, sliced into thin bite-sized pieces

1/2 cup chopped red onion

1 purple sweet pepper, thinly sliced

1/2 cup unsweetened soy, hemp, or almond milk (or water if you don’t have these on hand)

1/2 cup raw cashews or 1/4 cup raw cashew butter

1/4 cup balsamic vinegar

1/4 cup raisins

1 teaspoon Dijon mustard

Salt to taste

Blend soy milk, cashews, vinegar, raisins, and mustard in a food processor or high-powered blender. Combine bok choi, apple, pepper, and chopped onion in a large bowl. Add desired amount of dressing to chopped vegetables.